

Post episode of psychosis coping strategies: perspectives for health services managers

INFORMATION SHEET

(Griffith University Ethics Reference no: 2018/758)

Who is conducting the research

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Why is the research being conducted?

This project will aim to interview participants to gain an insight into their recovery journey post a recent episode of psychosis, their coping strategies and experiences. Moreover, it will aim to identify how participants' unique experiences and stories can be used for emerging practice and service delivery improvement.

The expected outcomes of this research study are that:

- It will allow a better understanding into peoples' lives following a recent episode of psychosis.
- Provide ideas about how to better work with people who have recently had and/or experienced an episode of psychosis.
- Identify strategies adopted by people with mental illness and how best to improve service providers understanding of their coping strategies.
- Provide strategies for service improvement opportunities and allow agencies working with clients with mental illness and/or who have recently had an episode of psychosis to make service delivery improvements.

This research project is part of a Masters of Health Services Management dissertation program. The project researcher is a student undertaking this research as part of their dissertation program and is supervised by a research academic from Griffith University.

What you will be asked to do

Participation in this research project will involve sharing your story about your experience of a recent episode of psychosis and how health service managers and organisations can better cater for clients in similar circumstances. Interviews are aimed to last one hour and participants will be asked about ten questions. Interviews will be conducted face-to-face at a venue convenient for participants.

The basis by which participants will be selected or screened

Participants will be selected on the following criteria:

- Be 18 years and over
- Experienced an episode of psychosis in the last 5 years

- Good level of insight and awareness into their illness and recovery journey
- Able and willing to participate in the interview process

Organisations working with clients who identify with a mental illness/s will be approached to recruit suitable candidates. Organisations will be contacted via telephone and a follow up email will be sent to program managers to introduce the program. Organisations will be sent participant information sheets to provide to clients and to publicise the research project in their organisation. Interested participants can contact researchers directly and a project overview and purpose will be provided to participants. For interested participants suitable interview date and time will be booked in consultation with participants for a research interview.

Are you interested to get involved? Give Ali Ghafoor a call to discuss further PH: 0410 045 884 or email ali.ghafoor@griffithuni.edu.au

The expected benefits of the research

Benefits to participants may include, the following outcomes:

- Opportunity to share your experiences about your recent experience of a mental health setting and service delivery outcome.
- Contribute to research which can be read by health services managers with decision making powers.
- Make an influence in consumer lead research and recovery practice.
- Provide an opportunity for sharing your stories and journeys post a recent episode of psychosis.

Risks to you

Possible risks associated with your participation in this project are minimal. Your participation is voluntary at all times and your decision to share your story and experiences is highly regarded. Retelling your story can be an emotional experience and you may experience strong feelings and emotions. Participants will be supported if a difficult matter arises and external supports can be offered. With participant consent if required referrals to appropriate external support services can be sourced.

If you require support, you may like to contact the following organisations for support. In the event of an emergency contact 000.

Lifeline: 13 11 14

Beyond Blue: 1300 22 4636

MensLine Australia 1300 78 99 78

Your confidentiality

Any information that can identify participants (you) will remain strictly confidential. Your information will not be disclosed unless you give permission to do so, and/or if it is required by law. Any potential published material and data arising from this project, participant information and data will be provided in way which cannot identify participants.

Only summarised data will be made available to the general public, to maintain your confidentiality at all times. Participant data will be kept securely in a lockable filing cabinet at Griffith University, Southbank campus. Any digital recordings and materials taken during interview process will be de-identified, transcribed and destroyed. Participant data will be retained for up to five years after which time all data will be destroyed.

The conduct of this research involves the collection, access and/or use of your identified personal information. The information collected is confidential and will not be disclosed to third parties without your consent, except to meet government, legal or other regulatory authority requirements. A de-identified copy of this data may be used for other research purposes. However, your anonymity will at all times be safeguarded. For further information consult the University's Privacy Plan at <http://www.griffith.edu.au/about-griffith/plans-publications/griffith-university-privacy-plan> or telephone (07) 3735 4375.

Your participation is voluntary

Your participation in this research project is strictly voluntary. You are not obligated to take part in this research in any manner. Your decision to participate or not be involved will not impact your relationship with your service organisation and its staff. If you decide to take part and later change your mind, you are free to withdraw from the interview process and research project at any stage.

Participants will be provided consent forms, by signing the consent form participants acknowledge:

- You are in agreement with and understand all of the provided information.
- You acknowledge you have received satisfactory answers to any of your questions you may have.

Questions / further information

For additional information or if you have any questions please contact Ali Ghafoor via mobile (0410 045 884) or (ali.ghafoor@griffithuni.edu.au)

The ethical conduct of this research

This research project will be carried out in accordance to the National Statement on Ethical Conduct in Research Involving Humans (2007) produced by the National Health and Medical Research Council of Australia. Griffith University conducts research in accordance with the National Statement on Ethical Conduct in Human Research. If you have any concerns or complaints about the ethical conduct of the research project you can contact the Manager, Research Ethics on 3735 4375 or research-ethics@griffith.edu.au.

Feedback to you

As a valued participant you are able to receive the results and findings from this research project upon request. Please contact Ali Ghafoor by email (ali.ghafoor@griffithuni.edu.au) or by phoning (0410 045 884).

The results will be reported in an academic thesis and may also be disseminated via journal articles and/or conference presentations.